

Chapter 7: Physical Fitness and Performance

Thinking About Fitness

Process and Procedures

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Date

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1a. What is your personal definition of physical fitness?

3. Copy the fitness scale diagrams.

4a. What does scale A represent? What physical and behavioral characteristics would you expect to find in an individual who scores very high on this scale?

4b. What does scale B represent? What physical and behavioral characteristics would you expect to find in an individual who scores very high on this scale?

4c. Where do you put Captain Yates on each

scale? Explain. Write her name at an appropriate level on each diagram.

4d. Write “healthy” on each scale where you would put a person who lacks special athletic skills but is still fit for life. Explain.

4e. Write “me” on each scale at the level where you think you fall. How could you change your lifestyle to improve your position on the scales?